

1% plain & flavored milk is offered at lunch and breakfast

# Northern Tioga Schools Elementary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Choose One Chicken Patty/Bun PB/J Sandwich & String Cheese Choose Up To Four Green Beans Applesauce Ice Cream	2 No School Today 	<b>Cal</b> 699 <b>T.Fat</b> 26.34 G <b>S.Fat</b> 7.4 G <b>Chol</b> 54.9 Mg <b>Sodm</b> 934.15 Mg <b>Carb</b> 86.21 G <b>Fiber</b> 6.4 G <b>Prtn</b> 29.88 G <b>Iron</b> 3.07 Mg <b>Calc</b> 411.15 Mg <b>Vit A</b> 16.69 RE <b>Vit C</b> 1.82 Mg
5 No School Today 	6 Choose one Chicken Nuggets w/ Pretzel Rod PB/J Sandwich & String Cheese Choose Up To Three Peas Peaches	7 Choose One Cheese Pizza Garlic Pizza PB/J Sandwich & String Cheese Choose Up To Three Broccoli w/Cheese Pears	8 Bag Lunch Day Choose one Burger/ Cheese / Bun Choose Up to Five Veggie Bar Baby carrots Fruit Juice Goldfish Crackers	9 No School Today 	<b>Cal</b> 604 <b>T.Fat</b> 16.14 G <b>S.Fat</b> 5.6 G <b>Chol</b> 36.2 Mg <b>Sodm</b> 855.49 Mg <b>Carb</b> 87.05 G <b>Fiber</b> 8.7 G <b>Prtn</b> 31.86 G <b>Iron</b> 7.10 Mg <b>Calc</b> 544.21 Mg <b>Vit A</b> 17.73 RE <b>Vit C</b> 55.51 Mg
12 Choose one BBQ Rib Sandwich PB/J Sandwich & String Cheese Choose Up To Three Baked Beans Fruit Juice	13 Choose One Egg/ Pancakes Sausage Pancakes/Sausage PB/J Sandwich & String Cheese Choose Up To Three Hash Browns Hot Apples	14 Choose One French Bread Pizza PB/J Sandwich & String Cheese Choose Up To Three Romaine Lettuce Blend/Dr Fresh Fruit	15 Choose One Walking Pork Taco PB/J Sandwich & String Cheese Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Rods Applesauce	16 Choose one Turkey/ Cheese Wrap Buffalo Chicken Wrap PB/J Sandwich & Cheese Choose Up To Four Lettuce, Shrd. & Tomato potato french fries Fresh Fruit	<b>Cal</b> 660 <b>T.Fat</b> 23.58 G <b>S.Fat</b> 7.2 G <b>Chol</b> 58.8 Mg <b>Sodm</b> 1180.32 Mg <b>Carb</b> 87.06 G <b>Fiber</b> 5.9 G <b>Prtn</b> 28.56 G <b>Iron</b> 2.81 Mg <b>Calc</b> 494.21 Mg <b>Vit A</b> 23.34 RE <b>Vit C</b> 32.67 Mg
19 Choose one Corn Dog PB/J Sandwich & String Cheese Choose Up To Four Baked Beans Fruit Juice Sugar Cookie	20 Choose One Roasted Chicken PB/J Sandwich & String Cheese Choose Up To Four Roll / Oleo Mashed Potatoes with Gravy Fruit Juice	21 Choose One Pepperoni Pizza PB/J Sandwich & String Cheese Choose Up To Three Broccoli w/Cheese Straw Shortcake	22 Choose One Chicken Fajitas PB/J Sandwich & String Cheese Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Rods Applesauce	23 Choose one Chili / Cornbread PB/J Sandwich & Cheese Choose Up To Three Pepper Red Strips Fresh Fruit	<b>Cal</b> 680 <b>T.Fat</b> 21.03 G <b>S.Fat</b> 7.4 G <b>Chol</b> 65.1 Mg <b>Sodm</b> 1264.52 Mg <b>Carb</b> 93.33 G <b>Fiber</b> 6.2 G <b>Prtn</b> 32.22 G <b>Iron</b> 4.28 Mg <b>Calc</b> 515.45 Mg <b>Vit A</b> 23.32 RE <b>Vit C</b> 61.84 Mg
26 Choose One Cheese steak on bun PB/J Sandwich & String Cheese Choose Up To Three Sweet Potato Fries Pineapple	27 Choose One Toasted Cheese PB/J Sandwich & String Cheese Choose Up To Four Tomato Soup Crackers Fresh Fruit	28 Choose One Stuffed Crust Pizza PB/J Sandwich & String Cheese Choose Up To Three Romaine Lettuce Blend/Dr Fresh Fruit	29 Choose One Walking Pork Taco PB/J Sandwich & String Cheese Choose Up to Five Corn Lettuce, Shrd. & Tomato Soft Pretzel Rods Fruit Juice	30 Choose One Chicken Sticks w/ Breadstick PB/J Sandwich & String Cheese Choose Up To Three Candied Carrots Mandarin Oranges	<b>Cal</b> 667 <b>T.Fat</b> 24.24 G <b>S.Fat</b> 8.4 G <b>Chol</b> 44.4 Mg <b>Sodm</b> 1147.94 Mg <b>Carb</b> 88.53 G <b>Fiber</b> 6.8 G <b>Prtn</b> 30.09 G <b>Iron</b> 3.37 Mg <b>Calc</b> 609.66 Mg <b>Vit A</b> 28.39 RE <b>Vit C</b> 35.28 Mg